



# THE UNIVERSITY OF WINNIPEG

For more information visit [www.uwinnipeg.ca](http://www.uwinnipeg.ca) or contact a student recruitment officer at [welcome@uwinnipeg.ca](mailto:welcome@uwinnipeg.ca) or 204.786.9844. In any case where The University of Winnipeg Course Calendar and this fact sheet differ, the current Calendar takes precedence.

## Kinesiology and Applied Health

*Kinesiology is the study of human movement. Kinesiologists are interested in the short and long term effects of exercise, how best to teach and coach physical skills, and the place of physical activity and sport in our society.*

A major in Kinesiology and Applied Health can lead to a career as a physical education teacher, an athletic therapist, a personal fitness trainer, a sport coach, or a sport psychologist, among other options. The Department of Kinesiology at The University of Winnipeg is a student-oriented department with small class sizes and accessible professors. Our professors' expertise lies in the areas of adapted physical activity, athletic therapy, coaching, exercise and sport psychology, motor behaviour, and sport science.

The Kinesiology program covers what, why, and how of human physical activity through three main areas of concentration: Kinesiology, Teaching, and Coaching.

**Kinesiology:** A Bachelor of Arts or Bachelor of Science degree with a major in Kinesiology may focus on areas related to health and fitness, motor behaviour, exercise science, sport and exercise psychology, sport management, or athletic therapy.

The athletic therapy curriculum is fully accredited by the Canadian Athletic Therapists Association. For more information, please see the Athletic Therapy Fact Sheet or our website.

**Teaching:** You can combine a bachelor of education degree with a 3-year Bachelor of Arts degree (Kinesiology teaching major) to prepare you to teach physical education at the early, middle, or senior years levels, as well as provide you with an understanding of coaching in the school system.

**Coaching:** Students who select the Coaching stream will engage in an intense study of the coaching of a specific sport. In addition to completing a 4-year Bachelor of Arts degree, students should also meet the knowledge requirements of the National Coaching Certification Program.

An interdisciplinary approach of combining Kinesiology courses with those in other academic departments—such as Developmental Studies, Business and Administration, Psychology, Sociology, and Biology—offers you flexibility in designing your own program in an area of specialized interest.

### SAMPLE COURSES

**Introduction to Kinesiology** is a first-year course that introduces the study of Kinesiology. Questions of interest related to sport sciences, motor behaviour, physical fitness, sport psychology, and athletic therapy are discussed.

**Principles of Coaching** is a first-year course that thoroughly examines the coaching process, emphasizing theory and techniques of instruction, preparation, and programming.

**Sport Psychology** is a second-year course that involves the study of psychological effects in sport and physical

activity. Topics include motivation, perception, communication, learning, values, leadership, group dynamics, and administration in sport and physical activity.

**Prevention and Care of Injuries** is a second-year course that analyzes the preventative techniques and immediate care of athletic injuries. Students completing this course must obtain St. John's Ambulance Certification and CPR Heart Saver, and will have the opportunity to certify in Level I and II of the Provincial Athletic First Aider Program.

### **MORE SAMPLE COURSES**

Adapted Physical Activity  
Human Anatomy  
Biomechanics  
Issues in Health  
Issues in Sport  
Leadership in Sport: Emerging Perspectives  
Movement Education  
Scientific Principles of Fitness and Conditioning  
Teaching Individual Physical Activities

### **SAMPLE CAREERS**

There are many different employment opportunities for graduates of Kinesiology. Kinesiologists work in health, sports, industry, business, teaching, rehabilitation, and social settings. Our graduates work in the school system, with amateur or professional sport teams, in private business, with health and fitness related institutions and agencies, and in public community sport, fitness, and physical recreation programs, or child care settings. Upon completion of their degrees, some students pursue graduate studies in Kinesiology or Physical Education at other universities.

### **WHAT OUR STUDENTS SAY...**

"I love going to The University of Winnipeg because it has such a warm and friendly atmosphere. I have been able to make friends quickly, and develop relationships with my professors. The Department of Kinesiology and Applied Health is a community where everyone knows each other and is supportive of one another." - *Nicola Dirks (BA'08 Kinesiology and Applied Health) is a former Wesmen volleyball player and is currently the Children's Program Coordinator at the West Portage YMCA-YWCA*

"The Kinesiology and Applied Health Department has so many quality professors with many valuable skills to pass on. They are very approachable, understanding, and easy to talk to, which relates directly to my performance and achievements in my courses." - *Ashleigh Sprange (BA '05 Kinesiology and Applied Health) is now a certified Athletic Therapist and has recently been accepted into Medicine at the University of Manitoba*

### **SAMPLE FIRST YEAR**

*NOTE: This sample first year is representative of the courses you may take. For many of our programs, you may choose another set of courses and still be well on your way to a degree. Also, for most programs you do not have to take 30 credit hours (five full courses) in your first year.*

#### **Kinesiology BA (3-year or 4-year)**

KIN-1101(3) Introduction to Kinesiology (lecture course) *OR* KIN-1200(3) Principles of Coaching (lecture course), 3 credit hours One of our activity courses: KIN-1103(3) Coaching and Teaching Basketball I *OR* KIN-1108(3) Coaching and Teaching Volleyball I *OR* KIN-1109(3) Instructing Sport and Physical Activities  
RHET-1102(3) Academic Writing: Social Sciences, RHET-1103(3) Academic Writing: Science, or any other section of Academic Writing (if required)  
21-24 credit hours Electives; recommended options: PSYC-1000(6) Introductory Psychology *OR* SOC-1001(6) Introduction to Sociology

#### **Kinesiology BSc (4-year Exercise Science)**

KIN-1101(3) Introduction to Kinesiology *OR* KIN-1200(3) Principles of Coaching  
CHEM-1111(3) Introduction to Chemical Properties of Matter  
CHEM-1112(3) Basic Principles of Chemical Reactivity  
BIOL 1115(3) Cells and Cell Processes **AND** BIOL-1116(3) Evolution and Ecology **OR** BIOL-1112(6) Human Anatomy and Physiology

PSYC-1000(6) Introductory Psychology **OR** SOC-1001(6) Introduction to Sociology  
RHET-1102(3) Academic Writing: Social Sciences, RHET-1103(3) Academic Writing: Science, or any other section of Academic Writing (if required)  
6 credit hours Electives; suggested option: STAT-1501(3) Elementary Biological Statistics I

### **Kinesiology Teaching Major (3-year BA)**

You must have a specific teachable major in Kinesiology and Applied Health if you want to teach Physical Education. If you are thinking of pursuing a teaching major, select courses that relate to teaching. A teachable minor (in a second subject area) is also required.

*One or both of:*

KIN-2207(3) Physical Growth and Motor Development

KIN-2305(3) Issues in Health (lecture course)

*One or more of:*

KIN-1200(3) Principles of Coaching

KIN-1103(3) Coaching and Teaching Basketball I

KIN-1108(3) Coaching and Teaching Volleyball I

KIN-1109(3) Instructing Sport and Physical Activities

RHET-1102(3) Academic Writing: Social Sciences, RHET-1103(3) Academic Writing: Science, or any other section of Academic Writing (if required)

EDUC-1801(3) Education Today: An Introduction to Teaching

9-18 credit hours Electives, depending on interest and your other selected teachable subject

### **REQUIRED HIGH SCHOOL COURSES**

You must meet The University of Winnipeg's general admission requirements. For the BSc in Kinesiology (4-year Exercise Science), Chemistry 40S and Pre-Calculus or Applied Mathematics 40S are required.

### **HOW TO APPLY – Domestic Student**

Apply online at [uwinnipeg.ca](http://uwinnipeg.ca) or pick up an Application for Admission from your high school counsellor's office or the Admissions Office at The University of Winnipeg. To meet Scholarship deadline submit your application and \$80 application fee.

### **HOW TO APPLY – International Student**

Apply online at [uwinnipeg.ca/index/intl-apply](http://uwinnipeg.ca/index/intl-apply) and submit all official documents by mail. To meet Scholarship deadline submit application, fee, and documents by March 1st. International application fee is \$100, which includes a one-time courier fee.

### **CONTACT US**

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<http://kinesiology.uwinnipeg.ca/> (look under Degree Majors tab)



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